

GRIEF AWARENESS FOR FACULTY AND STAFF

For more information
www.med.umich.edu/socialwork/oda

The purpose of *Honoring Life and Loss: Grief Awareness for Faculty and Staff* is to increase awareness and acknowledge faculty and staff losses across Michigan Medicine. This month is focused on grief related to patient loss, staff loss, and personal loss, making the distinction that professional and personal grief can differ dramatically. These events are being offered throughout the month to renew the head, heart, and spirit, and to give faculty and staff skills to address patient, family, and staff experience with end-of-life care.

EVENT DETAILS

Recommended Book of the Month

Modern Loss: Candid Conversation About Grief. Beginners Welcome. By Rebecca Soffer and Gabrielle Birkner. New York Times hails “this book is a fresh and irreverent examination into navigating grief and resilience in the age of social media, offering comfort and community for coping with the mess of loss through candid original essays from a variety of voices.” Book Club Discussion scheduled for Thursday, May 30, 2019 from 12p-1p in the CVC Boardroom, 5th floor (Room 5321).

Tuesday April 16 from 2 – 3:30p

MCHC Auditorium – refreshments served

Demystifying Death, Dying, and Afterlife Planning

A panel presentation

1 CEU for Social Work and Nursing approved

Advance directives ensure that wishes for end-of-life care are documented for consideration at a future time when the patient may lack decision-making capacity. According to a 2017 NPR report, patients who have completed such documents are more likely to receive care in line with their preferences, whether for intensive or more limited medical care. Advance directives are associated with fewer hospital deaths, fewer intensive care admissions, and fewer life-prolonging measures, as well as better quality of life for patients at the end of life and still only about 1 in 3 American’s have such documents completed. In recognition of National Healthcare Decision Day <https://www.nhdd.org/#welcome>, let’s start the conversation now. Join us for an engaging panel discussion around end of life planning. Guests will include professionals in death education, palliative care, estate planning, funeral care, social work, and more.

Sunday April 28 at 2p

Mott Memorial

Towsley Center, Michigan Medicine

Please join us for *Remembering the Children of Mott Memorial Service*. This service will include a family memorial activity beginning at 1pm with a non-denominational service at 2pm. Light refreshments will follow the service.

Every Wednesday from 12 – 12:30p

Mott Spiritual Center, 2nd floor of Mott Children's Hospital

Power of Peace

Meditation principles and practices with gentle breathing, focus, and visualization for patients, families and staff. Offered weekly for de-stressing and re-focusing. Find peace and balance in your day. Meditation practice begins at 12:15p. Facilitated by Kamau Ayubbi, Staff Chaplain

Wednesday May 1 from 12 – 1p

Ford Auditorium – Lunch provided to first 125 attendees

Lessons Learned - How to Survive When Your Patient Doesn't

A panel discussion

1 Nursing Contact Hour and 1 CEU for Social Work

As faculty and staff at Michigan Medicine, we encounter death in a myriad of ways. Throughout our various roles and job responsibilities, we see death's imprint on our professional lives. Come listen to panelists share their wisdom and experiences about how death and loss have impacted their work here at Michigan Medicine. Panelists will join us from the Children and Women's Hospital, Environmental Services, Patient Transport, Nursing, Adult Emergency Services, Nursing, and the volunteer program No One Dies Alone.

Thursday May 9 from 12 – 1p

Hospital Main Entrance Lobby, Floor 1

Gifts of Art presents Circle Singing & Harmony Workshop with Shelley Graff

Have you heard others break off from a main melody with an enchanting descant and wished to try it yourself? This fun workshop will give you the tools to be that singer who helps to weave stronger connections through musical harmony. Workshop presenter and facilitator Shelley Graff is a singer, songwriter, guitarist, healer and educator. While learning short, repetitive songs/chants in a circle from a wide variety of traditions, participants often experience a sense of empowerment and peace as well as group connection. Regardless of singing experience, participants are invited to share their voices in a noncompetitive, relaxed and safe space as part of Grief Awareness Month.

Thursday May 9 from 3 – 4p

Danto Auditorium – Refreshments served

Experiencing Loss - When Personal and Professional Lives Collide

A panel presentation collaboration with the Office of Patient Experience

1 Nursing Contact Hour and 1 CEU for Social Work approved

Many of us who are staff members of this institution also receive health care here as may our family and friends. This panel presentation will highlight loss experiences some of our colleagues have had within the Michigan Medicine environment. We will hear their stories of what was and has been difficult in having such a personal experience in what is typically their professional life environment and how they have found healthy, comforting and successful ways to return to work where they experienced loss. Panelists will also reflect on how this experience has impacted their personal and professional lives since.

Monday May 13 from 12 – 1p

Ford Auditorium - Lunch provided to the first 125 attendees

Schwartz Rounds – Honoring Lives Lost and Strategies for Moving Beyond

1 Nursing Contact Hour and 1 CEU for Social Work approved

This Schwartz Rounds discussion will focus on the experiences of various units in Michigan Medicine who have made graceful efforts to address death and loss in the healthcare environment. Strategies for addressing compassion fatigue will be addressed. Open dialogue for all members of the Michigan Medicine community is encouraged. For more information about Schwartz Rounds, visit:

<http://www.theschwartzcenter.org/supporting-caregivers/schwartz-center-rounds/>

Friday May 17 from 7:30a – 4p

NCRC Research Auditorium – Continental breakfast and Lunch provided

Discovering Compassion in Loss: Building Sustainability for All

6 Nursing Contact Hour and 6 CEU for Social Work

All staff and faculty wanting to gain knowledge and skills in grief and loss, related to death and non-death loss, are invited to attend. Topics to include the following: Non-Death Loss and Grief: Supporting People with Living Loss, Mindfulness, End-of-Life Communication, Cultural Humility in End-of-Life Care, Coping with Suicide Death, and Supporting Patients/Supporting Ourselves. In addition to local experts, we will be hosting key note speaker Darcy Harris, RN, RSW, PhD, FT. Register at:

<https://leadersandbestevents.cvent.com/griefawareness2019>

Registration is \$25.

Sunday May 19 at 1p

Rackham Auditorium

Adult Memorial Services for University Hospital/Cardiovascular Center

Michigan Medicine at University of Michigan cordially invites you to attend the Annual Memorial Service.

This ceremony will pay tribute to the adult Michigan Medicine patients who have died over the last year.

We hope you will join us to honor their memories, and celebrate their light. Refreshments to follow ceremony.

Thursday May 23 from 12 – 1p

Hospital Main Entrance Lobby, Floor 1

Gifts of Art presents Journal Making Workshop, accompanied by Fingerstyle Guitar

For this workshop, Gifts of Art Bedside Artists Elaine Reed and Jessica Butts will guide participants in the creation of a handmade accordion journal book. Using materials that are all free of charge, participants will enjoy a hands-on experience to live musical accompaniment, and leave with the materials necessary to complete their personal journal. Guitar virtuoso Jake Reichbart has garnered numerous awards for his performances and recordings. He plays fingerstyle instrumental guitar from various genres and also takes requests. If you have a large group, please call Gifts of Art at 734.936.ARTS (2787), as space is limited for this workshop as part of Grief Awareness Month. Look for live stream video of Jake Reichbart's performance on Gifts of Art Facebook.

Thursday, May 30 from 12 – 1p

CVC Boardroom 5321 (5th floor) – Refreshments served

Book/Journal Club

Modern Loss: Candid Conversation About Grief. Beginners Welcome.

Come join us for an impactful discussion of *Modern Loss* by Rebecca Soffer and Gabrielle Birkner. We will focus on the lessons and stories from the book, noting how we can approach grief with less platitudes and more grace. Bring your lunch and your ideas for a thoughtful and engaging discussion, even if you haven't read the book! All are welcome.

Throughout the Month of May for Grief Awareness

Grief and Healing Wall

The windows in University Hospital, C.S. Mott Children's Hospital and the Frankel Cardiovascular Center will serve as a resource for faculty, staff, patients and visitors to express their grief. Using paint markers on the windows, our community will have an opportunity to share thoughts, messages, poems and coping strategies related to their personal loss and grief stories. This is an interactive way to display personal expression of grief and coping, and connect us all to this universal human experience. <http://www.clickondetroit.com/news/live-in-the-d-the-grief-wall-in-ann-arbor>
